



TOBACCO CESSATION CLASSES

2005 CALENDAR

JANUARY	3 Week Class:	Tuesday and Thursday January 11 – 27	1100 – 1200
FEBRUARY	3 Week Class:	Tuesday and Thursday February 8-24	1100 – 1200
MARCH	3 Week Class:	Tuesday and Thursday March 8- 24	1100 – 1200
APRIL	3 Week Class:	Tuesday and Thursday April 12-28	1100 – 1200
MAY	3 Week Class:	Tuesday and Thursday May 10-26	1100 - 1200
JUNE	3 Week Class:	Tuesday and Thursday June 7-23	1100 – 1200
JULY	3 Week Class:	Tuesday and Thursday July 12-28	1100 - 1200
AUGUST	3 Week Class:	Tuesday and Thursday August 9-25	1100 – 1200
SEPTEMBER	3 Week Class:	Tuesday and Thursday September 13-29	1100 - 1200
OCTOBER	3 Week Class:	Tuesday and Thursday October 11-27	1100-1200
NOVEMBER	NO CLASS SCHEDULED		
	GREAT AMERICAN SMOKE-OUT	NOVEMBER 18	
DECEMBER	NO CLASS SCHEDULED		

All classes are held at the Health and Wellness Center. For more information please call
TSgt Diane Strohm @ **904-WELL (9355)** (HAWC)